

OCT - DEC  
2021

# QUARTERLY REPORT 6

## SAMVAD

*Support, Advocacy & Mental health  
interventions for children in Vulnerable  
circumstances And Distress*

(A National Initiative & Integrated resource for Child  
protection, mental Health & Psychosocial Care)

Dept. of Child and Adolescent Psychiatry  
National Institute of Mental Health & Neurosciences  
(NIMHANS) Bangalore

**Supported** by Ministry of Women & Child  
Development, Government of India

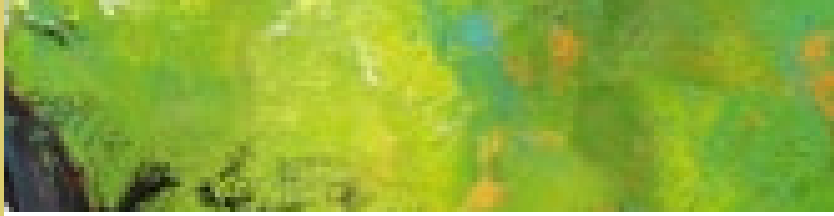


# SUMMARY OF PROGRESS

*Below is a brief summary of SAMVAD's cumulative progress, in terms of its reach, starting from June 2020-21*

Theme/Professionals	Cadre	Trained Professionals	Total
<b>Child Protection Functionaries</b>	CWC	93	<b>4849</b>
	JJB	31	
	CCI Staff (Superintendents, Counsellors, Social Workers, Probation Officers, Trainers, Child Welfare Officers)	3063	
	ICPS Staff (Counsellors, Social Workers, Legal cum Probation Officers, Protection Officers (Institutional Care and Non-Institutional Care), District Child Protection Officers)	1289	
	CSO Staff (ChildLine, Helplines & Other NGOs)	155	
	Police officials	218	
<b>Health and Mental Health Professionals</b>	DHMP Staff	198	<b>13502</b>
	Tertiary Mental Health Care Service Providers	361	
	UGC faculties	229	
	Other Mental Health Professional	11514	
	Paediatricians	369	
	Professionals and Stakeholders	295	
	RBSK Functionaries	536	
<b>Education</b>	Teachers	36714	<b>77312</b>
	School Counsellors	641	
	Education Faculty	239	
	NGO Staff & Anganwadi workers	31	
	Stakeholders in Education (Teachers, Principals and others)	39687	
<b>Judicial Personnel</b>	Judicial Officers (Special Court Judges, Juvenile Justice Magistrates and other cadres) and Law University Personnel	19921	<b>20230</b>
	Mediators/Marriage Counsellors & Family Court Judges	97	
	Paralegal Volunteers and Support Persons of SLSA	212	
<b>Total</b>			<b>1,15,893</b>

# SUMMARY OF PROGRESS



States Reached	28
Number of Orientation/Sensitization/Training Programs (Each Training program consists of multiple sessions - 3 hours each session)	401
Number of Professionals Trained/Oriented	1,15,893
Number of Public Discourses	168
Number of Public Reached	26,31,334 (views)

# SAMVAD'S AIMS & OBJECTIVES

*SAMVAD is a national initiative & integrated resource for child protection, mental health and psychosocial care, supported by the Ministry of Women & Child Development (MoWCD), Government of India, located in the Dept. of Child & Adolescent Psychiatry, NIMHANS*

## **AIM**

To enhance child and adolescent psychosocial well-being, particularly of children in difficult circumstances, through promotion of integrated approaches to mental health and protection.

## **STRATEGIES OBJECTIVES**

1. Develop standardized child-centric modules and resources for the capacity building of primary, secondary and tertiary level psychosocial and mental health care service providers
2. To strengthen knowledge and skills in child and adolescent protection and psychosocial care in various cadres of child care service providers in the country, through training and capacity building initiatives at primary, secondary and tertiary care levels of child protection and mental health
3. To enhance child and adolescent protection and psychosocial care programs implemented by government and non-government agencies, by providing technical support on program design and quality
4. To undertake studies, audits, research and advocacy on issues pertaining to child and adolescent protection and related issues of mental health and psychosocial care
5. To utilize the experiences of capacity building, technical programmatic support and research in informing child and adolescent laws and policies in the country

# HIGHLIGHTS OF THIS QUARTER

- 1.** SAMVAD's National Consultation for Child and Adolescent Mental Health (CAMH) held on 19th and 20th November 2021, at the Department of Child and Adolescent Psychiatry, NIMHANS.
- 2.** SAMVAD conducted its first training with Master Trainers of Assam State Institute of Rural Development (SIRD) under Integrating Child Protection and Mental Health Services at the Community Level through Panchayati Raj Institutions.
- 3.** SAMVAD addressed protection concerns in the context of children with disability by adopting a life skills framework methodology.
- 4.** SAMVAD initiated collaboration with tertiary mental health institution and centre of excellence as well as training of student mental health professionals towards building resources integrating child protection concerns and mental health issues.

# TECHNICAL INTERVENTIONS: PUBLIC DISCOURSE SERIES

*Technical interventions describe the various types of engagements that SAMVAD has been implementing, ranging from public discourse series, to training and capacity building programs, research studies and campaigns. These engagements are performed within SAMVAD's four key thematic areas, namely, care and protection, mental health, education and policy and law.*

To increase the outreach as well as mobilize the general public and to generate awareness on the issues of child protection and mental health, online social media platforms like YouTube, Twitter, Facebook and Instagram were used actively. The digital content prepared for public discourse and awareness was also disseminated through these social media platforms. The list of all the campaigns/ public discourse series which were implemented is shared under the Section – Public Discourse. Regular updates about SAMVAD's engagements with various states through capacity building initiatives were also posted and tweeted about. A Facebook page has been created to increase the visibility and expand the audience on Facebook. SAMVAD's public awareness and discourse materials may be reached on:



**YouTube** <http://www.youtube.com/c/NIMHANSChildProtection>



**Facebook** <https://www.facebook.com/childprotectnimhans>



**Twitter** [https://twitter.com/nimhans\\_CPC](https://twitter.com/nimhans_CPC)



**LinkedIn** <https://www.linkedin.com/in/nimhanschildprotection>



**Instagram** <https://www.instagram.com/nimhanschildprotect>

# TECHNICAL INTERVENTIONS: PUBLIC DISCOURSE SERIES

## **i. SAMVAD's Public Series for the NALSA Public Awareness and Outreach Campaign 2021 (20th October 2021 – 13th November 2021)**

The NALSA Public Awareness and Outreach Campaign, conducted as part of country-wide initiatives to commemorate 75 years of Indian Independence under the 'Azadi ka Amrit Mahotsav Campaign', provided an important opportunity to facilitate the dissemination of knowledge and awareness on key socio-legal issues, particularly as it relates to marginalized sections of society. In this context, children from difficult circumstances are amongst the most vulnerable with awareness-generation remaining an important national priority.

Therefore, as a part of the NALSA Public Awareness and Outreach Campaign 2021, SAMVAD (in collaboration with the Karnataka State Legal Services Authority) conducted 10 programs (as a part of a Public Series) on salient psychosocial and legal issues, with specific reference to children in adversity, to facilitate dissemination of key information in accordance with the aims and objectives of the 2021 NALSA Campaign. Keeping in mind the intended reach of the Public Series, each series was conducted in English and Hindi. The schedule and brief description of each Public Series conducted by SAMVAD is provided on the next page (along with the disseminated posters)

### **a. Trading Body and Soul: 2 - Part Public Series on Child Sex Trafficking [views: ]**

SAMVAD conducted a 2-Part Public Series on Child Sex Trafficking, "Trading Body and Soul" as a part of the NALSA Pan-India Awareness and Outreach Campaign 2021, to spread awareness on the issue of child sex trafficking. For Part 1 of the Series, Dr. Veerendra Mishra was invited to provide viewers with an understanding of key systemic issues in child sex trafficking, specifically with reference to the 'source-transit-destination' model and the role of the police in facilitating timely interventions.

Part 2 of the Series provided a comprehensive overview of the different international and national legal instruments to combat child sex trafficking, the significant measures introduced to reform investigations in the Trafficking in Persons Bill 2021, and interventions necessary to improve the prosecution of child sex trafficking cases.

The dates, timings and links for Part 1 and Part 2 of the Series are provided below:



## Series 1: Understanding different aspects of Child Sex Trafficking

Wednesday, 20th October 2021 (English):  
<https://youtu.be/LweHU7ECuto>

Thursday, 21st October 2021 (Hindi):  
<https://youtu.be/Re7xGJWKECw>

## Series 2: Understanding Factors leading to Low Convictions of Perpetrators of Child Sex Trafficking

Monday, 27th October 2021 (English):  
<https://www.youtube.com/watch?v=p6Nf01RaQfA>

Tuesday, 28th October 2021 (Hindi):  
<https://youtu.be/8SJva5ftflo>

## b. Breaking The Myth: The Dynamics of Child Sexual Abuse [Views: ]

In light of the prevalence of child sexual abuse, SAMVAD sought to engage in public conversation on the key psychosocial aspects of Child Sexual Abuse (CSA), with specific reference to the dynamics of perpetration and abuse. This series, in particular, discussed the nature of circumstances that determine patterns of offending, in the context of CSA. Additionally, the SAMVAD Team explored the emotional and behavioural consequences of CSA and key rehabilitative imperatives.




NALSA Pan-India Awareness and Outreach Campaign  
**Trading Body & Soul: Public Series on Child Sex Trafficking**  
*Series 1: Understanding different aspects of child sex trafficking*




**Speaker:** Dr Veerendra Mishra (IPS, Madhya Pradesh, Former Director, National Institute of Social Defence, Former Director, National Service Scheme & Former CEO, CARA)  
**Moderator:** Dr. Shekhar Seshadri, SAMVAD

Wednesday, 20th October 2021 (English) 5:30-7:00 PM  
Session Link: <https://youtu.be/LweHU7ECuto>

Thursday, 21st October 2021 (Hindi) 5:30-7:00 PM  
Session Link: <https://youtu.be/Re7xGJWKECw>



NALSA Pan-India Awareness and Outreach Campaign  
**Trading Body & Soul: Public Series on Child Sex Trafficking**  
*Series 2: Understanding Factors leading to Low Convictions of Perpetrators of Child Sex Trafficking*



**Speakers:** Saurabh Shashi Ashok & Arya Raje, SAMVAD

**Series 2 - Understanding Factors leading to Low Convictions of Perpetrators of Child Sex Trafficking,**

Wednesday 27th October (English) - <https://youtu.be/p6Nf01RaQfA>  
Thursday 28th October (Hindi) - <https://youtu.be/8SJva5ftflo>



The dates, timings and links for each part of the series are provided below:

Monday, 8th November 2021 (English):  
<https://youtu.be/4VdKJNT35Tw>

Tuesday, 9th November 2021 (Hindi):  
<https://youtu.be/ISjde4JOY8M>

### c. Prioritising Children in Adoption Procedures: Understanding Pre-Adoption Counselling [Views ]

In light of the ongoing public conversations on the changes to the law on adoption procedures, this Public Series sought to develop an understanding of what are the key focus areas in adoption procedures that require greater emphasis and strengthening. This series, in particular, discussed the importance of pre-adoption counselling, in the context of facilitating adoptions in the best interest of the child. Additionally, this session provided a perspective on the robustness of adoption procedures, the imperative for counselling, and its impact on the challenges faced by children and their adoptive families.

The dates, timings and links for each part of the series is provided below:

Monday, 10th November 2021 (English):  
<https://youtu.be/oK8QYa23HrO>

Tuesday, 11th November 2021 (Hindi):  
<https://youtu.be/4X3Buu3IRAQ>

The poster features a dark silhouette of a child against a red background. At the top, it includes logos for SAMVAD, Karnataka State Legal Services Authority, and NALSA. The text reads: 'NALSA Pan-India Awareness and Outreach Campaign', 'Breaking The Myth', 'The Dynamics of Child Sexual Abuse'. Below the image, it lists speakers: 'Aakanksha Kulkarni and Kritii Tikku, Child Protection & Mental Health Team, SAMVAD-NIMHANS'. It provides session details for Monday, 8th November 2021 (English) 5:30-7:00 pm and Tuesday, 9th November 2021 (Hindi) 5:30-7:00 pm, along with their respective YouTube links.

The poster features a painting of a baby in a basket with red ribbons. At the top, it includes logos for SAMVAD, Karnataka State Legal Services Authority, and NALSA. The text reads: 'NALSA Pan-India Awareness and Outreach Campaign', 'Prioritizing Children in Adoption Procedures: Understanding Pre-Adoption Counselling'. Below the image, it lists speakers: 'Kritii Tikku and Sheila Ramaswamy, Mental Health Team, SAMVAD-NIMHANS'. It provides session details for Wednesday, 10th November 2021 (English) 5:30-7:00 pm and Thursday, 11th November 2021 (Hindi) 5:30-7:00 pm, along with their respective YouTube links.


#### **d. Children in Adverse Circumstances: Pathways to Vulnerability & Mental Health Problems [Views: ]**

Keeping in mind the many challenges faced by vulnerable child populations, especially in the context of COVID, this Public Series focused on understanding the many contexts and lived realities of India's vulnerable child populations, and significantly, how these underlying vulnerabilities bring children into contact with the law. This series, in particular, developed an understanding of the pathways to vulnerability for children in difficult circumstances including circumstances of neglect and abuse, school difficulties, substance abuse, child labour, child marriage, and mental health issues, amongst other factors. Additionally, this session discussed the imperative for a serious consideration of these vulnerabilities in public discourse on the accountability of children for emotional/behavioural issues.


The dates, timings and links for each part of the series is provided below:

Monday, 12th November 2021 (English): <https://youtu.be/rqv7MGhZMfc>

Tuesday, 13th November 2021 (Hindi): <https://youtu.be/mCfXz8-e5dc>



ಕರ್ನಾಟಕ ರಾಜ್ಯ ಕಾನೂನು ಸೇವೆಗಳ ಪ್ರಾಧಿಕಾರ  
Karnataka State Legal Services Authority



NALSAR  
NATIONAL LAW SCHOOL OF INDIA  
UNIVERSITY OF DELHI

NALSA Pan-India Awareness and Outreach Campaign  
Children in Adverse Circumstances  
Pathways to Vulnerability & Mental Health Problems



**Speakers:** Aakanksha Kulkarni and Arya Raje,  
Child Protection & Policy-Law Team  
SAMVAD-NIMHANS

**Friday, 12th November 2021 (English) 5:30-7:00 pm**  
Session Link :  
<https://youtu.be/rqv7MGhZMfc>

**Saturday, 13th November 2021 (Hindi) 5:30-7:00 pm**  
Session Link :  
<https://youtu.be/mCfXz8-e5dc>

# TECHNICAL INTERVENTIONS: PROGRESS & ACHIEVEMENTS OF KEY THEMATIC AREAS

*Technical interventions describe the various types of engagements that SAMVAD has been implementing, ranging from public discourse series, to training and capacity building programs, research studies and campaigns. These engagements are performed within SAMVAD's four key thematic areas, namely, care and protection, mental health, education and policy and law.*

Technical interventions describe the various types of engagements that SAMVAD has been implementing, ranging from public discourse series, to training and capacity building programs, research studies and campaigns. These engagements are performed within SAMVAD's four key thematic areas, namely:

Care & Protection

Mental Health

Education

Policy & Law

SAMVAD works in a complementary and integrated fashion under the aforementioned thematic areas. Each of these four thematic areas has been engaged not only with reaching out to stakeholders and discuss as well as plan work in accordance with their needs and requests but to also adapt existing training materials, develop new ones and deliver training programs.

SAMVAD shares its concept notes and curriculums developed during its first quarterly period with state departments and other agencies that reach out. This is to acquaint them with the training content and methodologies and assist with delivery of training programs to various cadres of child protection workers.



**A.**

# CARE & PROTECTION

## KEY THEMATIC OBJECTIVES

- To develop a comprehensive approach to child protection through the integration of child protection, mental health and psychosocial care into existing child protection systems in the country
- To strengthen knowledge and skills of child protection functionaries in protection, mental health and psychosocial care, so that care and protection interventions are delivered in ways that ensure children's mental health and well being
- To undertake action research and studies in child protection with a view to enhancing interventions, and assistance, programs for children and adolescents, as well as for informing child policy and law.

## KEY WORK AREAS

- MATERIAL DEVELOPMENT
- TRAINING AND CAPACITY BUILDING
- RESEARCH

## **A.1. MATERIAL DEVELOPMENT**

### **A.1.a Material developed under the Initiative for Integrating Child Protection and Mental Health into Panchayati Raj Institutions**

This quarter of October - December 2021, material was developed under the Initiative for Integrating Child Protection and Mental Health into Panchayati Raj Institutions, namely:

1. Awareness Campaign material comprising of four videos - Suraksha, Shuruaat, Sapna and Saadhan
2. Awareness Campaign material - a booklet on addressing the various roles and functions of the Panchayat with respect to protection concerns of children

## **A.2. TRAINING AND CAPACITY BUILDING**

### **i. Superintendents from Children's Homes (Boys and Girls) from Bihar, November 2021**

The Department of Women and Child Development, Bihar and Catalysts for Social Action (CSA) approached SAMVAD during July - September 2021 to receive the training on "Integrated Approaches & Methods in Child Protection, Mental Health & Psychosocial Care". The SAMVAD team clubbed batches of participants from the two bodies together. However, during the current quarter of October - December 2021, Superintendents of Children's Home, Bihar were unable to attend sessions regularly and therefore that resulted in frequent cancellation of sessions. As a consequence, we had to discontinue sessions with the Superintendents of Children's Home, Bihar.

### **ii. Catalyst for Social Action (CSA) working in Child Care Institutions across India**

CSA is a non-governmental organisation, that work towards children under institutional care. They strive to ensure a future for children in need of care and protection which pays attention to their physical, emotional, personal and spiritual wellbeing and learning. In light of frequent cancellation of sessions being scheduled for the combined cohort of Bihar and CSA due to low attendance of Bihar participants, a decision was made on splitting the batch due to logistical concerns with the batch of Bihar Superintendents in the month of November, 2021. This was to ensure continued training on "Integrated Approaches & Methods in Child Protection, Mental Health & Psychosocial Care" with CSA. This batch, therefore has 20 participants in it, as opposed to 50, which is the usual strength of training groups.



**Training and Capacity Building Programs by Care & Protection**

**October – December 2021**

<b>State</b>	<b>Agency/ Government Department &amp; State</b>	<b>Cadre</b>	<b>No. of participants</b>	<b>Theme/ Content</b>	<b>Timeline</b>
Bihar	Department of Women and Child Development, Bihar	Superintendents from Children's Homes (Boys and Girls)	25	Integrated Approaches & Methods in Child Protection, Mental Health & Psychosocial Care	Discontinued in November 2021
PAN India	Catalysts for Social Action (CSA)	Staff of CSA working in institutions	20	Integrated Approaches & Methods in Child Protection, Mental Health & Psychosocial Care	On-going
Maharashtra	State Child Protection Society	Protection Officers (Institutional Care) and Counsellors	51	Integrated Approaches & Methods in Child Protection, Mental Health & Psychosocial Care	On-going
Kerala	KAVAL PLUS	Counsellors, case workers, rescue workers, project coordinators	50	Working with Child Sexual Abuse	Completed November 2021
Chhattisgarh	Department of Women and Child Development, Chhattisgarh	House Fathers and House Mothers	55	<i>'Chinta ka Prabandhan'</i> Anxiety Management	Completed
<b>TOTAL</b>			<b>201</b>		

### **iii. Protection Officers (Institutional Care and Counsellors) of Maharashtra State Child Protection Society**

The training of Maharashtra Batch 2 continued this quarter, it consisted of 51 PO/ICs and Counsellors. The reduction of 2 participants from the 53 participants trained in the last quarter was due to one participant resigning from their position in the SCPS and another participant switching their job. This training will end in February 2022. The increased duration of this training is a result of logistical issues such as WIFI connectivity, time constraints as well as reduction of training days within a week from Mondays, Wednesdays and Fridays to Mondays and Saturdays, done in the month of December, 2021.

### **iv. Counsellors, case workers, rescue officers, project coordinators of KAVAL PLUS, Kerala, November 2021**

Kaval Plus is a program of the Department of Women and Child Development, Kerala, that lends holistic support to children in need of care & protection, particularly to survivors of sexual abuse. Covering both children in homes and child care institutions, as of June 2021, the Project had reached out to about 300 children in Thiruvananthapuram district and 150 children in Palakkad district. Moving forward, it would include vulnerable children in the community outside the purview of child welfare committees (CWCs) and referred by other agencies. Level 1 training of the first batch of 50 participants, comprising of Kaval Plus counsellors, case workers, rescue officers, project coordinators on 'Psychosocial & Mental Health Care of Children affected by Sexual Abuse & Violence' was completed in this quarter.

### **v. House Fathers and House Mothers of Child Care Institutions from Chhattisgarh**

The Department of Women and Child Development, Chhattisgarh requested a special session from SAMVAD on Anxiety Management. We trained 55 House Fathers and House Mothers across these many districts on how to help children within their institution and how to manage anxiety. The content of the sessions was why is it important to deal with anxiety, importance of daily routines, and training them on strategies of anxiety management such as deep breathing, guided imagery, physical exercises that included games.

This was the first batch of house mothers and fathers we trained. It was interesting to contextualise the training on integrated approaches (building blocks) for CCI staff at the utmost grassroots levels. First level responses, vigilance and identifying children at risk of mental health and child protection issues were very beneficial to them.



### **A.3. INTEGRATING CHILD PROTECTION AND MENTAL HEALTH SERVICES AT THE COMMUNITY LEVEL THROUGH PANCHAYATI RAJ INSTITUTIONS (PRIS)**

The Hon'ble Minister of Women & Child Development (MoWCD), Government of India has directed SAMVAD to develop an action plan to facilitate the integration of child protection and mental health services in Panchayati Raj Institutions. In this regard, the required integration (of child protection and mental health services) at the community level requires coordination of relevant schemes and programs that fall under 'Mission'. Missions are multiple convergence and accountability frameworks that comprise related schemes. Relevant to this initiative are Mission Vatsalya (under the MoWCD pertaining to schemes relating to Child Protection and Rights), Mission Antyodaya (under the Ministry of Rural Development pertaining to rural development and capacity building of PRIs). This initiative aims to operationalise Mission Vatsalya in ways that ensures its reach and percolation at the grassroots levels, Mission Antyodaya in ways that it ensures that it decentralises implementation of child protection and mental health services as well as the National Health Mission.

#### Objectives of SAMVAD's Panchayati Raj Initiative:

To help PRI (members) to

- Create community awareness and participation in child protection and mental health issues through community-based functionaries
- Identify vulnerable children, including assessing children at risk
- Link vulnerable children (and their families) to relevant social protection schemes
- Refer children at risk to (district) mental health services as required

The plan to integrate Child Protection and Mental Health Services at the Community Level through Panchayati Raj (PRIs) will be carried out through the following deliverables

#### **A.3.a. Awareness Campaign**

SAMVAD plans to initiate a nation-wide campaign on the issue of integrating child protection and mental health into the Panchayati Raj Institutions and rural communities, in keeping with SAMVAD's agenda. Certain IEC materials are being developed for the awareness campaign and also as a teaching aid for the training with PRIs.

The objectives of this 4-part video series are:

- To increase the reach of information and knowledge on child protection
- To encourage positive behaviour towards child wellbeing in communities
- To share information about various child protection and development services offered by the government

The video series comprises four videos, addressing different protection related concerns of children in rural communities, whilst highlighting the role different stakeholders play in the protection of children at a community level. These videos will be used as a part of the nation-wide campaign as well as training material for PRIs and Panchayats. Below is a brief description of the content of each video:

Videos	Booklet
<ul style="list-style-type: none"> <li>• Suraksha – The video has been finalised and ready for dissemination</li> <li>• Shuruaat – The storyboard has been locked and voice over is under production, the first animation cut is yet to be prepared</li> <li>• Sapna – Scripting is finalised</li> <li>• Saadhan – The video has been scripted and is at its storyboarding stage</li> </ul>	<ul style="list-style-type: none"> <li>• The script has been finalised and the graphics underwent a round of feedback</li> </ul>

### **A.3.b. Training of Panchayat representatives/members**

Under the initiative of Integrating Child Protection and Mental Health Services at the Community Level through Panchayati Raj Institutions (PRIs) SAMVAD is training PRIs. SAMVAD began trainings with Assam State Institute of Rural Development's (SIRD) Master Trainers on Integrating child protection, mental health and psychosocial care in Panchayati Raj systems. The training is not entirely residential as most Master Trainers are based out of Guwahati. SAMVAD finished its training with 35 Assam SIRD Master Trainers in December, 2021 because they initiated contact with us.

#### **A.4. PLANS FOR THE NEXT QUARTER | JANUARY TO MARCH 2022**

***For the Next Quarterly Period, the following Training Programs are to be initiated:***

- i. The Department of Women and Child Development, Chhattisgarh requested an in-person special session from SAMVAD in October 2021 for training of Counsellors and CCI staff. The finalised dates were 4th, 5th, 6th and 7th January, 2022 which were further pushed to February from the participant's end due to Chandigarh SCPS elections. Finalisation of dates are awaited.
- ii. Meetings with various State Institute of Rural Development (SIRD) are scheduled within the initiative Integrating Child Protection and Mental Health Services at the Community Level through Panchayati Raj Institutions.
- iii. Trainings on Integration of Child Protection and Disability are scheduled to continue with various agencies working in the area of children and disability
- iv. On-going trainings with Maharashtra and Catalyst for Social Action will be completed in the upcoming quarter



**B.**

# MENTAL HEALTH

## KEY THEMATIC OBJECTIVES

- Creating public awareness about child and adolescent mental health needs and concerns
- Training and capacity building of mental health and other related child and adolescent healthcare service providers
- Capacity building of child protection functionaries in the primary, secondary, and tertiary levels to support the mental health needs of children and adolescents
- Enabling linkages between child mental health services and child protection systems

## KEY WORK AREAS

- MATERIAL AND RESOURCE DEVELOPMENT
- TRAINING AND CAPACITY BUILDING
- RESEARCH
- DIRECT WORK WITH CHILDREN

## **B.1. MATERIAL AND RESOURCE DEVELOPMENT**

### **B.1.a. Activity Book on Development Interventions for Children with Disability**

CHILDLINE India Foundation in partnership with UNICEF created a manual on 'Psychosocial Support for Children during COVID-19' which aimed at providing parents and caregivers simple tools to support children in these difficult times and build their resilience; to connect emotionally with children, understand their concerns, provide early stimulation to facilitate age appropriate developmental milestones. and to thereby create an environment which is as normalised and joyful as it can possibly be. The CHILDLINE network was provided training on the use of this manual and activities with children were rolled out.

In continuation to this CHILDLINE India Foundation approached us to collate a set of activities for children with different abilities in the form of a Sub Manual.

this manual was developed keeping in mind persons belonging to lower socio economic backgrounds. the reason being that early stimulation for cwd in lower economic households is difficult due to many reasons. this manual is developed to help parents/caregivers to engage with the child to provide these stimulations using materials found easily in a rural household and activities that integrate stimulation of children in the everyday life of the caregiver. This manual aims to include simple and doable activities with children that will provide parents, caregivers, support persons, and children and adolescent themselves, a tool that will enable them to understand the specific needs of children and differently able children; The activities suggested do not require additional material resources that are already not available in households of parents, caregivers, who come from lower socio-economic backgrounds. Activities are also designed that they can be fit into the regular routine of a support person thereby increasing their usability. The aim of the Sub Manual is to help children manage related stress, fear and anxiety, loss of loved ones and help them recognize the increased risk of violence, which can help them to ask for help and stay safe.



**B.1.b. Developed training program "Essential Interventions and Skills for Working with Child Sexual Abuse" which introduces mental health and legal dimensions of forensics.**

SAMVAD has put together a course on "Essential Interventions and Skills for Working with Child Sexual Abuse" which introduces mental health and legal dimensions of forensics. This course has been put together to build capacity of mental health practitioners all over the country as a part of SAMVAD's celebration of 10 years of POCSO. SAMVAD is training professionals through on-line mode beginning 8th January, 2022.

The limited availability of mental health human resources and mental health care facilities, as well as their skewed distribution contribute to unmet child mental health needs. These unmet needs, in general issues of adverse childhood experiences and childhood trauma, in low middle income countries, such as India, play a major role in the development of child mental health morbidities. However, the expertise and skills to provide treatment interventions for childhood trauma are scarce, with few tertiary mental healthcare centers demonstrating the capacity to assist children with such complex child mental health needs. Child sexual abuse (CSA) is one such childhood trauma and an experience of adversity, which is being duly acknowledged as a protection and mental health-related concern in children, due to increasing public awareness. However, the knowledge and skills to address CSA, in both mental health and legal systems, especially the need to recognize the links between child protection, trauma and mental health concerns, has not been commensurate with CSA awareness and reporting. This is the rationale behind a training like this. The course contains inputs on the fundamentals of Child Sexual Abuse (the dynamics, experience and impact), communication skills when engaging with a child who has been sexually abused, assessments of sexually abused children, how to engage in first level responses and concepts like mandatory reporting. These are done through critical reflection, participative exercises and film discussions.



**Essential Interventions & Skills for Working with Child Sexual Abuse**  
Introducing Mental Health & Legal Dimensions of Forensics

8th January -- 20th February 2022  
Saturdays 9:30 am -- 4:30 pm  
Sundays 9:30 am -- 1:30 pm

For Mental Health Professionals , Legal and Judicial Officers, Support Persons, Peditricians and Other Medical Personnel

No Training Fee Required.  
Apply Now.  
For more details go to :  
<https://nimhanschildprotect.in/wp-content/uploads/2021/11/CSA-Forensic-Training-Details.pdf>

 SAMVAD

## **B.2. CAPACITY BUILDING**

### **i. Replicating the SAMVAD Model at Central Institute of Psychiatry (CIP), Ranchi and Creation of Satellite Centre, October 2021**

During the course of the implementation of SAMVAD, MoWCD had requested it to establish satellite centres in the country. This was toward collaborating with and building capacity of tertiary health care institutions in the country and equip them with skills on child protection and mental health. These centres would then be expected to function in their respective regions, as SAMVAD does around the country, implementing training and capacity building activities in their respective states/surrounding areas. With a view to establish one such satellite centre, SAMVAD visited CIP, Ranchi after preliminary conversation in the last quarter. Such a centre is expected to serve the eastern and central regions of the country, including states such as Jharkhand, Bihar, Chhattisgarh, West Bengal and others, which are also states with poor child protection and health indicators. During the visit on 21st October, the SAMVAD team explained the SAMVAD model and SAMVAD's IT Team shared about the infrastructural and environmental requirements to make services like SAMVAD's more accessible, such as its Virtual Knowledge Network (VKN) that is facilitating remote and digital trainings of stakeholders across the country. CIP Ranchi is in the process of writing the proposal to be submitted to the MoWCD and SAMVAD is providing them logistical and technical advice and support.



**Training and Capacity Building Programs by Mental Health  
October – December 2021**

<b>State</b>	<b>Agency/ Government Department &amp; State</b>	<b>Cadre</b>	<b>No. of participan ts</b>	<b>Theme/ Content</b>	<b>Timeline</b>
Jharkhand	Central Institute of Psychiatry, Ranchi	Post-Graduate students and M.Phil. students at the Department of Psychiatry, Psychology and Social Work	180	Role of Child Mental Health Professionals in Child & Law Issues - Part 1: CSA and POCSO related concerns; Part 2: Children in conflict with the law	October 2021
PAN India	Indian Psychiatric Society, Western Zonal Branch	Mental Health Professionals	38	E-Colloquium on the Innovations in Digital Psychiatry	October 2021
Odisha	Indian Psychiatric Society, Odisha State Branch	Mental Health Professionals, Psychiatrists	50	Mental Health Gap, Meta-minorities and the 'Little <u>Unequals</u> '	October 2021
International	UNICEF	Mental Health Professionals	49	My Mind: Promoting, Protecting & Caring for Children's Mental Health	October 2021
PAN India	Indian Association of Private Practitioners (IAPP)	Private Mental Health Practitioners	67	National Workshop on Delivering Child Mental Health Knowledge and Skills Using Digital Technology	October 2021
PAN India	PM <u>eVidya</u>	School Teachers	1690	Educational: Live Interaction on PM <u>eVidya</u> : Mental Health Week on Counsellor's Symposium	October 2021
PAN India	DD News	General Public	2462	Aarogya Bharat based on Interactive LIVE Phone-in Programme on COVID-19 Vaccine	November 2021
PAN India	Hindu Litfest and Rajasthan Government	General Public	45023	Mind Matters: An Exploration of lifespan mental health in	November 2021

				COVID-19 times	
PAN India	Mann Darpan	General Public	640	The Magic of Childhood on the Eve of Children's Day	November 2021
PAN India	Child Rights and You (CRY) and CBGA	Mental Health Professionals and Childcare Workers	127	Addressing Child Protection Concerns during COVID 19 and <a href="#">Beyond</a>	November 2021
International	Catalyst for Social Action	General Public	59	Podcast: Care of the State – Episode: Family Based Care	November 2021
PAN India	SAMVAD, NIMHANS	Delegate representatives from the prestigious institutions' Dept. of Psychiatry and Psychology	31	National Consultation on Child & Adolescent Mental Health	November 2021
International	International Conference of COMHAD & BAPIO, UK	Mental Health Professional	722	Highlighted Vulnerabilities for the Challenges in post COVID times - Implications for Education & Protection	December 2021
PAN India	IACAM	Psychiatrists	85	Sessions for Certificate Course on Child and Adolescent Psychiatry, IACAM	December 2021
Uttar Pradesh	Indian Psychiatric Society	Psychiatrists	120	Challenges in Managing Children & Adolescent during COVID-19 pandemic	December 2021
Uttarakhand	Latika Roy Foundation	Special Educators, ASHA Schools	30	Addressing Protection Concerns in Children with Disability through the Abuse + Sexuality Lens	December 2021
Total			<b>51373</b>		

## **B.3. TRAINING AND CAPACITY BUILDING**

### **i. Two - Part Training in the Role of Child Mental Health Professionals in Child & Law Issues - Part 1: Child Sexual Abuse (CSA) and POCSO; Part 2: Children in Conflict with the Law at the Central Institute of Psychiatry (CIP), Ranchi, October 2021**

A two part in-person training on the topic of "Role of Child Mental Health Professionals in Child & Law Issues - Part 1: CSA and POCSO related concerns; Part 2: Children in Conflict with the Law" was conducted for Post-Graduate students and M.Phil students of the Department of Psychiatry, Psychology and Social Work at the Central Institute of Psychiatry, Ranchi on the 4th and the 5th October, 2021. Established in 1918, CIP is a premiere institute for mental health in India that is directly governed by the Central Government of India.

These sessions were conducted to enable them to have a deeper understanding of issues of child protection and law. SAMVAD aims to build capacity of various stakeholders working with children, namely, child protection functionaries, mental health professionals, educators, state governments and other bodies. In furtherance of this fundamental aim, SAMVAD, with the support of CIP Ranchi, has begun training professionals during their education and training period, so that they enter their professional settings well equipped to work with children's issues.

During this two part training, SAMVAD oriented the students about the impact of CSA on children as well as the dynamics and processes involved. After covering this in a day's session, participants were introduced to how the Juvenile Justice System is implemented in the country and the various pathways that leads children into conflict with the law (CICL). They were also taught how to administer psychosocial and mental health assessments for CICL.

### **ii. E- Colloquium on the Innovations in Digital Psychiatry across India, October 2021**

A pan India e-colloquium on the Innovations in Digital Psychiatry across India, was held on the 9th October. It was attended by 38 mental health professionals and organised by the Western Zonal Branch of Indian Psychiatric Society. SAMVAD was a part of this event and shared about its model that uses technology in continuing its capacity and resource building functions even amidst the on-going COVID-19 pandemic. SAMVAD shared information around the use of its Virtual Knowledge Network (VKN) to disseminate information and engage with stakeholders for tele-consultations and trainings. During COVID, SAMVAD shifted to online mode of training from in-person capacity building sessions across the states of the country and conducted **? trainings** while using a participatory methodology and facilitating skill learning for its training participants.

### **iii. In-person session on Mental Health Gap, Meta-minorities and the 'Little Unequals' for the Indian Psychiatric Society (IPS), Odisha State Branch, October 2021**

On the occasion of World Mental Health Day Celebration on 10th October, 2021, Dr. Shekhar Seshadri addressed mental health professionals and psychiatrists through an in-person session in Bhubhaneshwar, for the Indian Psychiatric Society, Odisha State Branch. Through this session on Mental Health Gap, Meta-minorities and the Little 'Unequals', Dr. Seshadri addressed psychiatrists.

The IPS, the national organisation of psychiatrists in India, was founded on 7th January 1947 during the Indian Science Congress meeting held in New Delhi. The IPS commands an extensive national network, with 5 major zonal branches, 29 state branches, & greater than 80 sub-sections and members above 7000 professionals.

### **iv. A Webinar on My Mind: Promoting, Protecting & Caring for Children's Mental Health in collaboration with UNICEF, October 2021**

This webinar was a closed session for 49 mental health professional and conducted in collaboration with UNICEF. UNICEF is an international agency works in over 190 countries and territories to save children's lives, to defend their rights, and to help them fulfil their potential, from early childhood through adolescence. The webinar was conducted in tandem with the State of World's Children's report 2021 was released. The State of the World's Children 2021 examines child, adolescent and caregiver mental health. It focuses on risks and protective factors at critical moments in the life course and delves into the social determinants that shape mental health and well-being.

### **v. National Workshop on Delivering Child Mental Health Knowledge and Skills Using Digital Technology for Indian Association of Private Practitioners , October 2021**

A national workshop was conducted on the 20th October for private mental health practitioners in order to equip them in working with children's mental health via digital technology. It was a closed webinar with 67 attendees from the Indian Association of Private Practitioners. Since capacity building and resource provision of mental health services has shifted online due to the pandemic, SAMVAD was called to share its model and how it has been capable in shifting to online mode and continuing engaging with its stakeholders. SAMVAD acknowledged that delivering quality teaching material has posed as a challenge during the pandemic. SAMVAD shared about its participative training methodology as well and how it has helped its participants 'learn by doing'.

IAPP was formally formed with the 1st conference in April 2000 in Delhi . It was inaugurated by the then Health Minister of India and is an organisation that works towards promoting and advancement of the overall growth of psychiatry in India

## **vi. Educational: Live Interaction on PM eVidya: Mental Health Week on "Counsellor's Symposium", October 2021**

During the Mental Health week in October, the PM eVidya platform celebrated a Mental Health Week. SAMVAD was a part of the live interaction on the pandemic affecting the mental health of children. SAMVAD has been transdisciplinary in its approach, and already training teachers on child mental health therefore, it lent information on how to get school teachers to be aware of mental health. This garnered 1690 views and can be accessed on <https://www.youtube.com/watch?v=sOBeTX5YekM&t=800s>

The e-Vidya program has begun in May 2020 in response to the COVID-19 pandemic and was announced by Nirmala Sitharaman. At the time, many schools and colleges had to shut down in an attempt to curb the spread of coronavirus, leaving many students without an education as online learning is not a feasible option for all. Keeping this in mind, the government launched their PM eVIDYA program. The uniqueness of the PM e-Vidya lies with its comprehensive accessibility for all as it caters the education content to all with its multi-mode set-up of remote learning platforms including internet, radio, community radio, podcast, and TV.

## **vii. A Live Session broadcasting on DD News on Arogya Bharat based on Interactive LIVE Phone - in Programme on COVID-19 Vaccine, November 2021**

Aarogya Bharat is a special program by DD News with the Ministry of Women and Family Welfare to raise awareness about COVID appropriate behaviours and increasing vaccination. The live interactive panel discussion on Covid-19 vaccine took place on the 13th November, 2021 (Saturday) from 7 to 8 PM through Doordarshan News. It was titled "Aarogya Bharat based on Interactive LIVE Phone -in Programme on COVID-19 Vaccine" and can be found at <https://www.youtube.com/watch?v=rTTJDsMvV3A> It garnered 2,462 views on YouTube.

During this one hour program SAMVAD presented its point of view for parents and school management on the opening of schools as well as precautions that can be taken during school hours in classrooms.

## **viii. A session for The Hindu Lit for Life 2021's titled Mind Matters : An Exploration of Lifespan Mental Health in COVID-19 Times, November 2021**

The Hindu Lit for Life Festival spent it's penultimate session talking about child mental health in the context of the pandemic. Present for the conversation were veteran child psychiatrist Dr. Shekhar Seshadri (representing SAMVAD), Dr. Pratima Murthy (Director of NIMHANS) and Soumitra Pathare (Director, of Centre for Mental Health Law & Policy, ILS, Pune) hosted by behavioural neurologist and neuropsychiatrist Ennapadam S. Krishnamoorthy.

On 13th November, SAMVAD presented that amidst the talk of second and imminent third wave, there is a lack of recognition of a possible fourth wave - that of mental health issues brought on by the pandemic. The session garnered 45,023 views on Youtube <https://www.youtube.com/watch?v=7iaVW3YcAU8>

The focus of the talk was to highlight that the pandemic has resulted in a context that is not conducive to children's proper development. In fact, the debilitating events resulting from the pandemic such as shutting down of school services, increased inaccessibility to health care, has impacted children's mental health. SAMVAD's delivery in the session highlighted how a preparedness for a fourth wave of mental health issues specifically in children is really needed in addition to the preparation around a third and a fourth wave.

#### **ix. Session on The Magic of Children on the Eve of Children's Day for Mann Darpan series on School Mental Health, November 2021**

Mann Darpan is a YouTube Channel that creates and publishes free health and wellness information from healthcare providers as well as host a series of weekly sessions on mental wellness and positivity. On the occasion of Children's Day, they hosted their 81st episode on 13th November, 2021 titled 'The Magic of Childhood' for which SAMVAD spoke on school mental health. The session focused on how education should be such that it develops an egalitarian individual, the various approaches in school mental health as well as the need to equip teachers to understand children's need were also shared.

The session can be accessed on YouTube through this link <https://www.youtube.com/watch?v=30aTdAEhJmQ> The video garnered 640 views.

#### **x. Addressing Child Protection Concerns during COVID 19 and Beyond for Child Rights and You (CRY) and Centre for Budget and Governance Accountability (CBGA), November 2021**

As a run-up to World Children's Day celebrated on November 20th each year, CRY and CBGA jointly organise a half-day webinar to discuss the various dimensions of child protection during COVID and also reflect on some of the emerging concerns that need government and civil society attention. The session conducted on the 18th November, 2021 was about " Addressing Child Protection Concerns during COVID 19 and Beyond" for 127 mental health professionals and childcare workers.

In this occasion SAMVAD joined the webinar as panelists to share our insights on children's mental health concerns and psychosocial care in the context of COVID and going forward. It began with reflection on the impact COVID has had on children's mental health and a discussion around various ways of addressing them such as the helpline set up by NIMHANS and reflections based on gender, disability, socio-economic background. SAMVAD also made action points for civil society in working with parents and children to improve services for psychosocial care and suggestions on improving services related to mental health within the public healthcare system.

Child Rights and You (CRY) is an NGO that works with project partners at the grassroots level to create sustainable change for India's children by addressing children's critical needs through working with parents, teachers, Anganwadi workers, communities, district and state level governments as well as the children themselves.

Centre for Budget and Governance Accountability (CBGA), India is an independent non-profit organisation enhancing transparency and accountability in governance through rigorous analysis of policies and budgets, and fostering people's participation in public policy processes by demystifying them.

#### **xi. A podcast on Family Based Care with Catalyst for Social Action (CSA), November 2021**

SAMVAD participated in a podcast episode titled Family Based Care for a podcast series 'Care of the State by Catalysts' for Social Action. In the episode, SAMVAD provides insights on how Child care institutions help provide the basic needs of a child - food, shelter, clothing, education and provide a safe space for those in situations of extreme risk. While they do their best to provide family-like care, it still isn't really family. It was released on the 29th November, 2021 and 59 people listened to it. Spread across 4 states - Maharashtra, Goa, Madhya Pradesh and Odisha, Catalysts for Social Action is an Indian NGO that works towards children in institutional care. Over the last 18 years CSA has impacted over 20,000+ children across 78 child care institutions. It focuses on the integration of Health & Nutrition, Education & Child Development, Livelihood & Aftercare and Capacity Building & Advocacy.

The link to the podcast is as follows: <https://csa.podlink.to/careofthestate> and is available on various audio platforms.



## **xii. SAMVAD's National Consultation for Child and Adolescent Mental Health (CAMH) held on 19th and 20th November 2021, at the Department of Child and Adolescent Psychiatry, NIMHANS**

In the current times there has been a serious shift in the landscape of child mental health, and its ever changing and increasing needs and challenges, there are many new imperatives for CAMH services, training and research. In the light of the above in order to reach out to CAMH professionals in Centres of Excellence as well as other key state institutions, so as to better plan and collaborate on ways to address and work towards effectively meeting CAMH needs across the country, SAMVAD organized a brief National Consultation on Child and Adolescent Mental Health on 19th and 20th November 2021, in NIMHANS, Bangalore.

### *Objectives of the Consultation*

1. Sharing NIMHANS-SAMVAD's integrated model of child and adolescent mental health care, including its (national) mandate, scope of work and experiences.
2. Exploring possibilities of collaboration, in order to increase access to quality CAMH services and training across the country, through understanding the work and initiatives of the delegates in the Consultation, proffering NIMHANS & SAMVAD support, as necessary.
3. Developing plans to implement collaborative work, across the country, particularly through joint training and capacity building programs and/or research, through the aegis of SAMVAD.

### *Delegates*

The Child and Adolescent Mental Health professionals in Centres of Excellence as well as other key state institutions, along with the All-India Institutes of Medical Sciences were invited for SAMVAD's National Consultation for Child and Adolescent Mental Health. The consultation was attended by 31 delegates representatives from the above-mentioned prestigious institutions' Department of Psychiatry and Psychology.

Technical sessions were followed by sharing details and workings of the SAMVAD model such as community outreach, engagement with stakeholders, our processes, training methodology (participative), use of technology Virtual Knowledge Network (VKN). After this session the delegates were divided into groups and directed to brainstorm amongst themselves, identifying and listing down challenges their institutions are facing currently as well as the support they require from SAMVAD to meet those gaps.

The requests from these working groups centered primarily to better understand issues of children in conflict with the law, child sexual abuse, life skills training for adolescents and child related laws with a focus on section 15 and POCSO. In addition to capacity building requests, technical support to set up infrastructure for training and VKN services was also sought after.

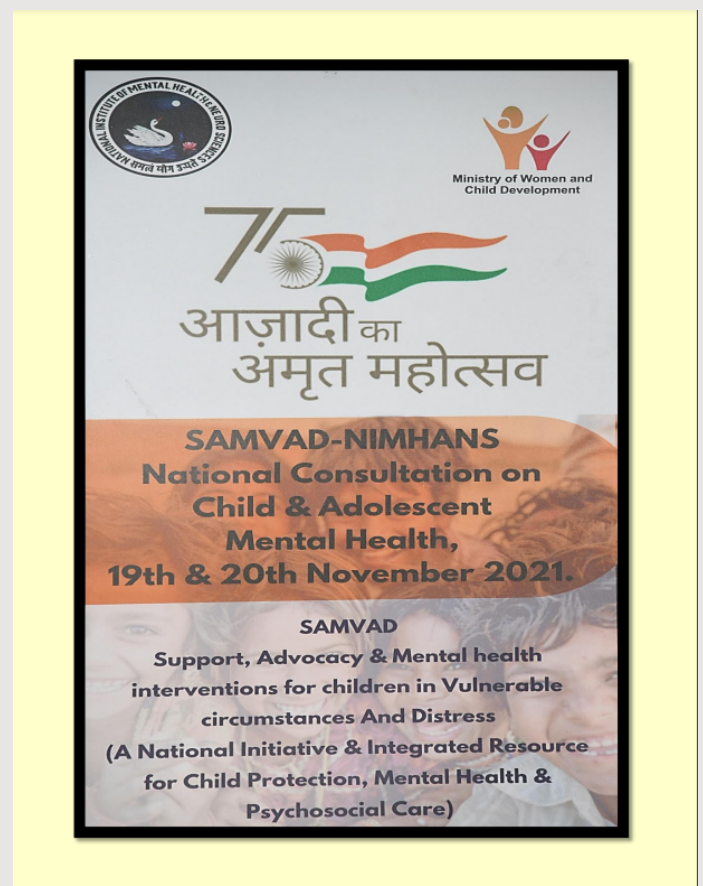
Delegates requested for guidelines of recruitment and SOP, technical inputs on establishing separate services for children and adolescents, establish satellite centres within their institutions, and build a network of professionals from different mental health institutions in the country. Participants also articulated the need for advocacy for creation of Disability Boards as well as support research work.

As a response to the working group discussions, Dr. Seshadri, in the plenary discussion, responded by encouraging delegates to take single small steps and focus on collaboration and unique perspectives from individual institutions. Dr Shekhar assured that given SAMVAD's mandate and having completed one year in operations SAMVAD is ready to support the delegates through technical teaching content and IT support. Dr Shekhar also explained that, SAMAVD itself was conceived after extensive research and on ground work of 6 years through another community-based project, implemented within Karnataka State.

Other highlights from this consultation were invitation for the setup of Satellite Centres in institutions represented by the delegates; the work SAMVAD is doing in Integrating Mental Health and Child Protection with the Community Work; Issues of Inadequate Funding - Partnership with the Public Sector Companies and Initiating Special Services for Children and Adolescents - Child Guidance Clinics; Accessing Target Populations and Scaffolding of Knowledge i.e. Learning with the Communities

Dr. Seshadri addressed the participants sharing that child mental health is not restricted to clinics and clinical diagnosis. When child mental health services are talked about, one track is hospital, in-patient facilities, out patients etc. however, that is only one track, the other track is of public mental health. Both these tracks are parallel tracks and they go together. The superstructure which involves the efficient delivery of child mental health services occurs only if it is firmly placed on both the tracks. One does not function without the other.

This consultation happened as a part of the 75th "Azaadi ka Amrit Mahotsva" and a detailed report was prepared by SAMVAD which can be accessed on <https://nimhanschildprotect.in/>



### **xiii. Child Mental Health and Education in a Pandemic for Sri Lanka College of Child & Adolescent Psychiatry, December 2021**

As a part of the 4th Biennial Scientific Conference & 7th Annual General Meeting SAMVAD participated in a panel discussion on "Child Mental Health and Education in a Pandemic" for Psychiatrists from the Sri Lanka College of Child & Adolescent Psychiatry on the 10th December, 2021.

SAMVAD gave an overview of child protection issues during the pandemic, drawing out a framework explaining who are these vulnerable children where do they come from (their background and the context) and which childhood adversities have they faced that puts them more at risk. SAMVAD explained that when children undergo adverse experiences it impacts their developmental trajectories, leading to severe emotional and behavioural consequences for them. Therefore, mental health professionals were urged to move away from a mono-disciplinary way of looking at child mental health to a trans-disciplinary approach which integrates child protection, psychosocial mental health risk and vulnerability of children in adversities and their implications for mental health.

### **xiv. Child and Adolescent Mental Health in Changing Times: Opportunities and Challenges for Indian Association of Child and Adolescent Mental Health (IACAMON), December 2021**

SAMVAD delivered a lecture on Changing Developmental Trajectories in the Changing Times on the 25th December, 2021 as a part of the the 16th Biennial National Conference of Indian Association of Child and Adolescent Mental Health organised by Centre for Child and Adolescent Psychiatry, Central Institute of Psychiatry, Ranchi & IACAM for **mental health professionals**. The lecture addressed how the pandemic has resulted in lesser opportunities for children to develop and led to regression in their growth. Such conditions have severely impacted their development trajectories which has consequences on mental health.

## **xv. Heightened Vulnerabilities for the Challenged in Post COVID Times: Implications for Child Protection & Education, December 2021**

This International Conference of Commonwealth Association for Health And Disability (COMHAD) & British Association of Physicians of Indian Origins (BAPIO), UK was organised in association with UNICEF & DMER.

COMHAD is a Pan Commonwealth NGO supported by the Commonwealth Foundation London and is in Official Relations with WHO. COMHAD is a long standing partner of WHO in a number of technical areas, in particular mental health, disability prevention, maternal and child health and reproductive health. It is actively involved in promoting health development, exchange of technical expertise and inter-country training and education in health in 53 commonwealth countries all over the world. COMHAD links professionals across the commonwealth and advocates the prevention of brain damage due to birth asphyxia (lack of oxygen either before or immediately after birth) which causes mental neurological and sensory handicaps as an integral component of mother-baby care in commonwealth developing countries.

BAPIO collaborates regularly with the General Medical Council, Health Education England and the Royal Colleges to monitor, highlight and address the difficulties faced by doctors and ensure positive systems are in place to support healthcare workers. We focus on supporting and promoting professional links with International organisations as well providing charitable relief focusing on providing better health care globally.

COVID rendered children vulnerable as it impacted their opportunities of growth and development. Impacted even more so by COVID were then children who were already living with disability. In Dr. Seshadri's address he spoke about the invisibility of children with disability who were already a risk pre-covid who went through exacerbation in their difficult experiences during COVID. This was especially because education moved completely online, which became a development risk, school experience was reduced and changed and accessibility and protection risk increased manifold in children who lost their parents. Their health issues were getting neglected because there was already burdened on the health system. If these risks are not tackled, they will continue, there will be serious implications. 722 mental health professionals were addressed.



## **xvi. Sessions for Certificate Course on Child and Adolescent Psychiatry, IACAM, December 2021**

The Indian Association for Child and Adolescent Mental Health (IACAM) is an association of psychiatrists whose interest is focused on child and adolescent mental health. In existence since the late 80s, IACAM promotes the study, treatment, care and prevention of mental and emotional disorders and deficiencies of infants, children, adolescents and their families; and it promotes national and international collaboration among professionals in the fields related to child and adolescent mental health. IACAM has recently started a one-year online certificate course to bridge the gaps between child and adolescent mental health and general psychiatry training. The course currently has 85 psychiatrists enrolled for the course, which is divided into 4 modules. The four modules cover- Normal Development and Neuro Developmental Disorders, Externalizing Disorders, BPAD and Addictions, Internalising disorders, Trauma and psychosis and finally management & aftercare. SAMVAD's sessions as part of the course were focused equipping the practitioners with knowledge and skills on history taking, carrying out assessments, case formulation and essential communication skills for interacting with children.

## **xvii. Challenges in Managing Children & Adolescents during COVID-19 pandemic, December 2021**

A session on Continuing Medical Education for Indian Psychiatric Society, Uttar Pradesh State Branch on the 11th December, 2021. 120 psychiatrists attended the session. The session highlighted various challenges that caregivers experienced in different contexts of the pandemic. Some of the issues discussed under the broader domain of the COVID virus and its associated illnesses included ensuring children follow safety protocols, alleviating fear pertaining to quarantine, the illness itself and separation anxiety from attachment figures during COVID. A major area also discussed was dealing with grief and loss experiences of children in the COVID context and talking about these experiences in an age appropriate manner. Adjusting to the new normal, difficulties in managing temper tantrums and adjustment issues were also discussed. In education context, transition to online classes and associated issues (such as lack of routine, inattention) were also highlighted. The quarantine and resultant lockdown led to a lack of social activities of children with peers leading to boredom and life skill deficits. A lot of protection concerns such as increased sexual, physical and emotional abuse coupled with child labour, child marriage, sex trafficking and dropping out from school and other such vulnerabilities, were also talked about. These issues had a consequence on the mental health and physical health of children leading to concerns such as anxiety, depression, grief and loss, self harm and the disruption of routine and daily life.

### **xviii. Session on Addressing Protection Concerns in Children with Disability through the Abuse and Sexuality Lens for Special Educators of ASHA Schools, Latika Roy Foundation (LRF), December 2021**

Two online sessions on child protection concerns in children with disability, and how these are exacerbated in the context of COVID, was done by SAMVAD, in December 2021 for Latika Roy Foundation. The Program was for special educators and counsellors, emphasising the need to empower children with disabilities with safety skills and life skills to prevent abuse. Themes of identity, personhood, and safety with regard to children with a disability were highlighted, as were the links between disability and child protection in the context of disability, including how children with disabilities are more vulnerable to physical, sexual and emotional abuse than average children.

Based on feedback from Latika Roy Foundation staff for offline training last quarter, SAMVAD received further request to train the ASHA school staff. The in-person training content was delivered to ASHA School staff online. The ASHA School teachers were already given material and they demonstrated the skills learned during the session. They did group work were given workbooks beforehand.

i.e. how useful and practical they had found the training workshops and skills imparted on child protection concerns with children in disability, particularly the activities for personal safety, and as part of SAMVAD's expansion of disability-related work, a session on "Protection Concerns of Children with Disability through Sexuality and Abuse Lens" was developed. This was conducted in the month of December,

The Latika Roy Foundation (LRF), in Dehradun, is a voluntary organisation working with children and adults who have developmental and other disabilities. As a resource centre for people with special needs, LRF provides early intervention services, livelihoods development, education, training and awareness.

SAMVAD conducted two online sessions for the cadre of special educators in ASHA Schools, on child protection concerns in children with disability—with a focus on personal safety, sexual behaviours and sexual abuse. The specific objectives of the workshop were to enable participants to:

- Learn and identify the protection risks of children with disability
- Acquire skills to help children with certain types and levels of disability to understand and apply personal safety concepts in their day-to day lives, including to recognize sexual abuse if it takes place and report the same

## **B.4. MENTAL HEALTH DIRECTORY**

The mental health directory which contains resources of child mental health services and psychosocial support is under development. Resources are being compiled and the directory is being designed so that it can be modified in order to accommodate addition of resources.

## **B.5. RESEARCH**

### **B.4.a. Upcoming Research Study: "Mental Health Assessments in Resolving Legal Dilemmas on Adolescent Sexual Consent"**

The aim of this research is to identify the factors that impact adolescents' capacities for sexual consent, and examine how these play a role subsequently in their sexual decision-making processes. Ethics approval for the study has come through in November, 2021. SAMVAD will be engaging in finalising tools and planning data collection in the upcoming quarter.



## **B.6. PLANS FOR THE NEXT QUARTER | JANUARY TO MARCH 2022**

- i. Course on "Essential Interventions and Skills for Working with Child Sexual Abuse" Introducing Mental Health and Legal Dimensions of Forensics will be initiated from 8th January, 2022 on weekends.
- ii. In online bi-weekly conversation, "Monday Moods with SAMVAD" will be initiated second and fourth Mondays of every month. It is an effort towards building and strengthening the child and adolescent mental health movement in the country. These sessions will be open only for mental health professionals and pediatricians working only with children where discussions on child and adolescent mental health issues will take place.
- iii. The Disability Manual will be illustrated and the layout will be finalised.
- iv. The second batch of KAVAL - Plus organisation based in Kerala will be conducted in the next quarter
- v. The Indian Psychiatric Society has requested a session on Mandatory Reporting Dilemma in Child Sexual Abuse which will be finalised in the next quarter
- vi. A special online course for Special Educators will be designed
- vii. Finalisation of tools and planning of data collection will be done for the upcoming research study: "Mental Health Assessments in Resolving Legal Dilemmas on Adolescent Sexual Consent" in Bihar in March 2022



**C.**

# EDUCATION

## KEY THEMATIC OBJECTIVES

- To Integrate child protection and mental health issues into education spaces
- To enhance the capacities of educators, teachers, school counselors to identify and respond to emotional, behaviour and learning problems in school children
- To promote interventions for inclusions and life skills education within schools.

## KEY WORK AREAS

- MATERIAL DEVELOPMENT
- TRAINING AND CAPACITY BUILDING

## **C.1. MATERIAL DEVELOPMENT**

### **C.1.a. Training Content for Special Educators**

Based on the requests from the Sarva Shiksha Abhiyan of Madhya Pradesh and GCERT, SAMVAD conducted a training of special educators, primarily focusing on how children with special needs (CSWN) can be assisted. The SAMVAD Education team has been actively engaged in content development for the training of Special Educators. The training curriculum has 8 modules consisting of 28 sessions in total. In this quarterly period, the content has been created and covers information on children with various types of disability (like locomotor impairments, sensory impairments, neurodevelopmental disorders) in terms of assessments and interventions. The material is awaiting internal review. SAMVAD Education Team has also reached out to the State Departments for their official confirmations.

Along with equipping teachers and other child education/mental health professionals with knowledge on signs and symptoms of various child mental health issues, these brochures also contain first-level responses to children, enabling professionals thus, to not only identify child mental health problems but also provide some immediate assistance to affected children.

### **C.1.b. Video Production for Child Sexual Abuse**

The videos on child sexual abuse has been completed in Hindi, its English production is underway. This video will be used in SAMVAD's educational campaigns and training programs to sensitise the participants on methods of perpetration of child sexual abuse, especially lesser-known methods such as grooming and manipulation, as well as to help caregivers understand where to seek help. The SAMVAD Education team shall be working on a script that demonstrates how grooming and manipulation occurs with younger children.

## **C.2. TRAINING AND CAPACITY BUILDING**

### **C.2. a. Routine Training Programs for Teachers and School Counsellors**

#### **i. TATA Steel Foundation**

Since 2015, Tata Steel Foundation (TSF) has been running a Residential Bridge Course (RBC), to cater to the children who have dropped out of school or never been to school. The RBC, aimed at removing children from child labor, and getting them (back) into schools, works on children's education gaps and deficits, preparing them to (re)enter government schools. These RBCs are run under two programs, namely, the '1000 schools Program' and the 'Masti ki Paathshala'.

**Routine Training Programs for Children and School Counsellors**

**October – December 2021**

<b>State</b>	<b>Agency/ Government Department &amp; State</b>	<b>Cadre</b>	<b>No. of participa nts</b>	<b>Theme/ Content</b>	<b>Time line</b>	<b>Number of Sessions (3 hours duration)</b>
Odisha/ Jharkhand	TATA Steel Foundation	Teachers (Batch 03)	55	Psychosocial & Mental Health Assistance to Children in Difficult Circumstances	August 2021	Completed
Puducherry	<del>Sa</del> magra Shiksha	Primary School Teachers	50	Interventions for Strengthening School Mental Health	August 2021	Completed
Uttar Pradesh	<del>Sa</del> rya Shiksha Abhiyan	School Teachers	100		September 2021	On-going
Uttar Pradesh	<del>Sa</del> rya Shiksha Abhiyan	State Resource Coordinators	50		September 2021	On-going
PAN India	Jawahar Navodaya Vidyalaya	Counsellors	50	Interventions for Strengthening School Mental Health	December 2021	On-going
PAN India	Jawahar Navodaya Vidyalaya	Creative Teachers	50	Interventions for Strengthening School Mental Health	December 2021	On-going
Punjab	SCERT, Punjab	School Teachers	50	Interventions for Strengthening School Mental Health	December (February batch) 2021	Completed
<b>Total Number Trained</b>			<b>405</b>			

**Other Awareness and Orientation Programs**

**October – December 2021**

<b>State</b>	<b>Agency/ Government Department &amp; State</b>	<b>Cadre</b>	<b>No. of Participants</b>	<b>Theme/ Content</b>	<b>Timeline</b>
PAN India	NCERT, <u>Manodarpan</u>	Education Fraternity	1890*	Mental Wellbeing: Bridging the Gap in the Curriculum	<b>October 2021</b>
Delhi	Delhi Public School Society (Human Resource Development Centre)	Counsellors	227	Intervention for Strengthening School Mental Health	November 2021
Kolkata, West Bengal	Jadavpur University	Assistant Professors/Librarians	35	Refresher course on managing stress and maintaining wellbeing in Higher Education	November 2021
Kolkata, West Bengal	Jadavpur University	Faculty Members of Colleges and Universities (Department of Education, Jadavpur University)	25	Refresher course on managing stress and maintaining well-being in Higher Education	November 2021
PAN India	Indian Association of Life Skills Education (IALSE)	Child care workers	49	Life Skills for Resilience in Times of Emergencies: Indian Experiences	December 2021
PAN India	Aide in Action	Educators	307	Back to School: Programmes and strategies to welcome children back	November 2021
<b>Total Number Trained</b>			<b>2533</b>		

\*As of 11.02.2022

As per the request from the Tata Steel Foundation, the training of the third batch of 55 teachers from the 1000 Schools Programme was completed in December. This program aims to revitalize School Education in its areas of operation in regions of Odisha. The main beneficiaries of this program are children and adolescents from the tribal belts, residing in Champua, Sadar, Jhumpura, Banspal, Telkoi, Harichandanpur, Ghatagaon, Patna, Saharpada, Anandapur, Hatadihi, Ghasipura to name a few regions of Odisha.

The training for the third batch (from the 1000 Schools Programme) that began in August 2021. The main objective of these training sessions is to understand children, childhood, and the basics of child development, building counseling and communication skills, identification of emotional and behavioral and learning problems, developing first-level responses to assist children with mild-to-moderate mental health problems, and addressing special contexts in residential learning centers.

Compared with the other two batches, this batch of teachers were more engaging and participative. There were fewer teachers who would actively participate in various methodologies such as case discussions and role-plays. A set of teachers were repetitively found to be responding to the questions pertaining to the topics in the online training. To break this cycle, the trainer deliberately called upon other teachers to share their ideas and viewpoints. This ensured that each teacher contributed to the discussions being held. Teachers were found to be content in the topics that were taught. A follow-up recap was done in each session to provide a platform for them to reflect on their learnings. As the training is completed, each teacher is also given an assignment that they have to complete and submit by the end of January 2022. Teachers exceedingly found the session on Child Sexual Abuse to be helpful in terms of identification of grooming processes.

### **Some of the feedback from Teachers from TATA Steel Foundation are as follow:**

- मुझे निमहांस प्रशिक्षण में जुड़कर बच्चों के बारे में बहुत कुछ सिखने को मिला जो मेरे जीवनभर में मेरे लिए हेल्पफुल रहेगा। ऑनलाइन प्रशिक्षण में इतना कुछ सिखने को मिलेगा ये मैंने नहीं सोची थी। लेकिन प्रशिक्षण लेने के बाद अब मैं बच्चों से और भी अच्छे से बातें कर पा रही हूँ उनके मन की बात समझ पा रही हूँ। और उनकी समस्याओं में किस तरह से सहयोग करना है इसपर भी बच्चों को सलाह दे रही हूँ। धन्यवाद निमहांस टीम
- 1. निमहांस प्रशिक्षण में मुझे सबसे अच्छा लगा अंतरध्वनि के बारे में सिखने को मिला।  
2. संदर्भ, अनुभव, अंतरध्वनि, भावना एवं व्यवहार के बारे में बहुत सिखने को मिला। हैं।  
3. बच्चों के साथ तालमेल कैसे बनानी है एवं बच्चों से किस तरह के सवाल पूछने हैं ये सिखने को मिला।  
4. जजमेंटल और नॉनजजमेंटल के बारे में सोचने, समझने की क्षमता बढ़ी।  
5. डिप्रेशन के क्या क्या लक्षण होते हैं इसपर बेहतर रूप से समझ बनाया गया।  
6. और बच्चों के साथ किस तरह से काउंसिलिंग की जाती हैं ये सिखने को मिला।



● इस प्रशिक्षण में बच्चे को पहचानने का तरीका बहुत अच्छा था | अब मैं बच्चे का अंतर ध्वनि को आसानी से समझ सकते हैं | इसका जानकारी प्राप्त करने का तरीका बहुत अच्छा था | इस प्रशिक्षण के माध्यम से बच्चे के सभी प्रकार का गुण किस प्रकार से पहचान करना है इसका सीख हासिल करने का अवसर मिला|

● प्रशिक्षण में बताये गए तथ्य काफ़ी सरल थे किन्तु हकीकत में उसे apply करना काफ़ी कठिन और एक धीमी प्रक्रिया है जिसके परिणाम हमें तुरंत प्राप्त नहीं होते । किन्तु nimhans के life skill के कार्यक्रम हमारे लिए बच्चों को समझने में काफ़ी मददगार साबित हो रहे हैं।

● ये प्रशिक्षण हमें सामूहिक रूप से मिलता तो और अच्छा होता ।

● अगर मुझे ये प्रशिक्षण बहुत पहले मिला होता तो मैं एक बच्चा का भविष्य उज्ज्वल कराने में अपना मूल्यवान योगदान देता । तभी मैं उस बच्चा के अन्तर्ध्वनी को समझ ही नहीं पाया था जिसके कारण वो बच्चा अभी मुझे देखने पर दूर भाग जाता है और वो हमेशा के लिए अपना पढ़ाई छोड़ दिया है । ये प्रशिक्षण लेने के दौरान जब मैं उसके बारे सोचा मुझे बहुत बुरा लगा ।

● Best Experience ever on online training program.

● What I have learned in this training, tried to give training to my office block staffs as well as teachers on the materials received, so thank you mam for giving us training on such a useful topic.

● Through role play, it was really improved my communication skill.trainers always tried and encourages us to actively take part in training like in discussion,role play, Quiz game etc specially on children development and changes. It was very nice program. Thank you all for giving us such a great training program.

## ii. Samagra Shiksha, School Primary Teachers

The SAMVAD Team in Collaboration with the Samagra Shiksha, Puducherry has initiated training on "Interventions for Strengthening School Mental Health" for primary school teachers who teach children from 3 years to 10 years old. The main objective of this training is to equip the teachers with identification & first-level responses to mild to moderate issues, to facilitate better communication skills with children, and address special contexts related to schools.

### Some of the feedback from Primary School Teachers, Puducherry are as follow:

● This is a great, practical, supportive and interactive training for all of us. This training addresses new ideas/interventions that I had never heard before. This training addressed the problems that every teacher faces in the classroom. It enhanced our skills and capacity required to identify, understand and respond to emotional, behavior and learning problems in school activities. Their easy to follow steps/interventions helps us to understand how the student feels, what could be their inner voices, emotions and behaviors and how to equip/work with them with life skills to meet their needs. Through this training, we learnt how to build counseling and communication skills with children and it provided tremendous opportunities to communicate among ourselves and with the facilitator. This training involved many hands-on activities, Quiz, group discussion, story stems, case studies and watching movies and short videos to practice the skills discussed in the sessions. We thank SAMVAD team for giving such a wonderful opportunity to learn about these valuable resources to us. We shared the interventions/ideas with our colleagues and they found them very effective and helpful.. This training is outstanding and should become an Essential/must training to every teacher. Thank you.

- The trainers were well experienced and taught well. It is a wonderful training.
- Quiz and case studies were useful for understanding the concept.. training sessions and the topics chosen were appropriate and the trainers were friendly n skilled. Thank u all for giving me opportunity to attend the training.
- Overall every session made us learn new things on each topic of the training. Slido game ,flim screening, roleplay with our colleagues were all interesting and informative. Both the facilitators engage us in a wonderful manner. Training session was really interactive and informative. It will help us in our professional and our personal journey too.. Facilitators justified their job. Awesome presentation with lots of patience. I express my heartfelt gratitude to the team SAMVAD
- As a primary teacher there are new practices which I learnt from the training that is suitable in the context of children
  - \* inner voice of child
  - \*communication skill
  - \* Non-judgmental approach was the main eye opener
- I liked all the films, videos that were played. Really they are helpful in understanding the child's difficulties in various aspects. All the discussions we had will surely help me in identifying the child's difficulty, and apply the methods used to overcome the problems or defaced by our children. Very useful and effective training program.. I personally felt slight difficult to attend this training through online
- Well planned training program. Good and effective case studies. Like to attend in offline mode if possible again. Thanks to SAMVAD  
This training helped me to understand the children's inner voice and how to handle them according to their mental ability. Content related videos were very useful and interesting.

**From the trainer's perspective, the entire journey of this training was challenging. Given there were numerous holidays in between and other training schedules, the already decided training schedule was not adhered to and followed.**

**Due to this issue, the training with the prior permission of the State Education Department, the remaining teachers' training was scheduled for 2 hours each on a daily basis so that the training is concluded before the Christmas break. The training was well received by the participants. Participants were more comfortable sharing their views through the zoom chat, which was unique. Teachers found the Inner Voice Framework to be extremely useful, followed by the Child Sexual Abuse process in younger children and adolescents. Given these were the primary school teachers, teachers found the internalizing and externalizing disorders to be applicable to younger children and they kept reiterating the fact that in earlier times, they only focused on the behaviour of the children but this training has really answered the "why" of those behaviours. They also looked at children with special needs from a different perspective and are now keen to work towards them to unleash their potentials and talents.**

**As part of the assessment, these teachers are given an assignment where they have to record themselves and speak on Anxiety Disorders. This assignment was specifically assigned to them to enhance their understanding which they gathered from the sessions.**

### **iii. Sarva Shiksha Abhiyan, School Teachers - Uttar Pradesh**

SAMVAD- NIMHANS in its second time collaborated with Sarva Shiksha Abhiyan, Uttar for school teachers of Uttar Pradesh. These 100 teachers hailed from 74 different districts of Uttar Pradesh, which were put into two groups.

The main objective of this training is to focus on children & childhood, child development, common emotional & behavioural issues such as anxiety, depression, self-harm and suicide, substance abuse, developmental disabilities such as Intellectual Development Disorder, Specific Learning Disability, lastly special contexts of Child Sexual Abuse & Bullying.

Due to administrative issues, there was a delay in the commencement of the training as the official communication was not received by the block office of each district, followed by teachers' school timings. To address this, a special letter was then circulated which allowed teachers to be free from all schooling duties and in fact, allowed them to take these training from home where they have proper internet connectivity.

A very engaging and enthusiastic teachers group till now, as they wish to participate and present their perspective in every session. The facilitator's role is made easy and their grasp on the subject matter is quite prevalent. Teachers, in these groups, are keen learners and are excited to share their dynamics of working with children. This is the most dedicated group of teachers as the number from the beginning is constant till now. Their keenness is seen by their dedication, these teachers make their notes and share them amongst each other. The processing of the concepts and learning is depicted as they share experiences from their own school. It was also evident that during the sharing of any case studies, the other teachers of the group would correct or add their viewpoints.

Till now, the training is in the Level 2 module where teachers are learning about externalizing disorders. The next session will focus on Developmental Disabilities and Disorders, Child Sexual Abuse, and Life Skills Education.

### **iv. Sarva Shiksha Abhiyan, State Resource Coordinators - Uttar Pradesh**

The SAMVAD Team in Collaboration with the Sarva Shiksha Abhiyan, Uttar Pradesh has initiated a training on "Interventions for Strengthening School Mental Health" for State Resource Groups in Uttar Pradesh. The SRG's conduct academic & co-curricular activities and hold 'Model lesson' demonstrations for teachers and develop low-cost locally available Teaching Learning Materials. They also take care of creating a congenial environment to facilitate the teaching-learning process and guide teachers on how they can improve the

learning levels of children. The main objective of this training is to equip these Coordinators with identification & first-level responses to mild to moderate issues, to facilitate better communication skills with children, and addressing special contexts related to schools.

The training had to be halted due to clashes with different trainings in the state. However, the training will resume after the winter break. Till now, the training is in its second module of Level 1 of the curriculum, where participants are being equipped with skills to communicate better with children, which will be followed by Level 2 which is in-depth and comprehensive in nature dealing with common emotional and behavioural issues that children face, learning issues in school and special issues like bullying, positive engagement in classrooms, and child sexual abuse.

#### **v. School Counsellors, Jawahar Navodaya Vidyalaya**

In collaboration with Navodaya Vidyalaya Samiti New Delhi, SAMVAD initiated the training program on "Interventions for Strengthening School Mental Health " for the counsellors of Jawahar Navodaya Vidyalaya. Navodaya Vidyalayas are spread over the entire country in 8 regions, therefore the participants have been chosen from all of these 8 regions. A total of 32 sessions have been scheduled focusing on school mental health in order to strengthen the skills and capacities of school counsellors. The key objectives of this training are to reorient them to children and childhood experiences, understand child development in practice (and link it to child mental health issues), equip them with skills in child interviewing and communication, assessment and management of emotional, behavioural and learning problems in children, and responding to children in special contexts of school settings, namely child sexual abuse, bullying, discipline and positive engagement with children.

The Level - 1 training program with a total of 12 sessions has been successfully completed. The counsellors were receptive to the training and were keen to learn the new methodologies in order to enhance their communication skills with children. As they were reoriented towards children and childhood, some of them shared how their sensitivity towards children has been refuelled by this training program. The participants were enthusiastic and brought in a lot of their own perspective in the sessions. The methodologies were particularly talked about as they felt that they haven't had a training like this which had so many activities which involved the entire group and led them to think out of the box.

The Level 2 training program consisting of 20 sessions will be continued for the counsellors in the month of February wherein the topics are common behavioural and emotional issues in children, developmental disabilities and addressing special issues like child sexual abuse, bullying, substance use, conduct disorder in school context.

## **vi. SCERT, Government School Teachers - Punjab**

Upon request from the State Council of Educational Research and Training (SCERT), in October 2020, SAMVAD, initiated a training program for 131 government school teachers of 22 districts in Punjab. The main objective of this training was to focus on children & childhood, child development, common emotional & behavioural issues such as anxiety, depression, self-harm and suicide, substance abuse, developmental disabilities such as Intellectual Development Disorder, Specific Learning Disability, lastly special contexts of Child Sexual Abuse & Bullying.

22 sessions out of a total of 25 online sessions scheduled were delivered. However, due to administrative issues and the pandemic the remaining sessions were halted for another date. The team picked up the training from where it was left and completed the final 3 sessions which was focused on Basics of Trauma, ABC's of Child Sexual Abuse and Mandatory Reporting of Child Sexual Abuse. The sessions were received well by the participants as many expressed how this topic is indeed a very less talked about subject however, it is imperative for school teachers to have the knowledge of the same.

### **C.2. b. Special Sessions**

#### **i. Webinar for Manodarpan an initiative of the Ministry of Education**

As a part of 'Atmanirbhar Bharat Abhiyan', the Ministry of Education (MoE) has an initiative titled 'Manodarpan'. It aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID-19 pandemic and beyond. We participated in a bilingual (Hindi/English) webinar on Mental Wellbeing: Bridging the Gap in the Curriculum where SAMVAD shared insights and expertise to help build an understanding for positioning mental wellbeing as part of the school curriculum. It is available on <https://www.youtube.com/watch?v=EtAYX-73HO4> and garnered 1890 views.

#### **ii. Training of Counsellors of Delhi Public School Society**

SAMVAD received a request from the Human Resource Development Center Delhi Public School Society, New Delhi to conduct sessions with the counselors of DPSS on School Mental Health. The team formulated a 4-session training program on Understanding Emotional & Behaviour problems- the child's Inner Voice, Building Communication Skills, Common Emotional & Behavioural Concerns in Children and Adolescents.

The training program was well received by the counselors as they felt it served as a refresher course for them. The participants felt that the methodologies have helped them to also

rethink their own engagement with children. They felt that the different activities used for discussion on recognising and acknowledging and acceptance and non-judgmental approach really helped them navigate their own biases and also helped them understand the need to be more child centric. A majority of counsellors stated that this training has helped to hone their communication skills. They were particularly appreciative of the "Inner Voice" framework and "first level responses" as they felt that it really gave them a way of putting their work into frameworks which are structured for simple understanding and specific to each child's needs. The counsellors also shared their concern about how this training should be given to all teachers in schools so that they can also have an understanding of students and the different issues they go through. These counsellors also shared how these practical ways are far more effective and useful in understanding the theoretical aspect of Child Psychology in terms of behaviours and emotions.

### **iii. Jadavpur University: Life Skills Education**

On 26th and 27th November 2021, a two-part special session was held on Managing Stress and Maintaining Well-being in Higher Education in collaboration with UGC- HRDC of Jadavpur University as a Refresher Course Program for faculty members of the Department of Education- Jadavpur University. The main objective of this session was to equip teachers with certain ideas and frameworks which will aid them to understand themselves in a constructive manner and also to understand the stressors of college students.

The session structure entailed a component talking about the stressors that affect college professors, and through a plethora of interactive activities- professors were equipped as to how their identity is not defined by the things that cannot do but other aspects of their lives. They were then oriented to the definition of life skills, followed by the importance of life skills, contexts, and experiences where these life skills can be utilized. All the life skills activities were interactive in nature and required teachers to actively participate in the discussions.

Given the nature of this session, teachers found it to be extremely helpful. An active engagement was observed throughout the activities which were conducted. These teachers were more comfortable in responding via chat box and also shared how these frameworks will not help themselves but also their students. Videos shown on relationships and sexuality, followed by the windows approach was crucial to the age group they teach.

A session in a similar fashion was delivered as part of the 5th Faculty Induction Programme for Jadavpur University.



#### **iv. Lecture on Life Skills for Resilience in Time of Emergencies: Indian Experiences for Indian Association of Life Skills Education (IALSE)**

SAMVAD delivered a lecture on Life Skills for Resilience in Time of Emergencies: Indian Experiences on 28th December, 2021 on the occasion of IALSE's Foundation Day to commemorate a decade of work in the field of life skills. The lecture is available on YouTube on the following link: <https://www.youtube.com/watch?v=86HSIpqaMho> which received 58 views.

The lecture addressed what constitutes an emergency for a child and how to conceptualise life skills and resilience in the context of that understanding, important resources for psychosocial support during disaster were also shared. It aired on Youtube for Mental Health Professionals

#### **v. Aide in Action session on Back to School: Programmes and Strategies to welcome children back**

SAMVAD was part of a webinar that focused on understanding the challenges faced by the educational sector in the midst of the COVID-19 pandemic. It was conducted for educators and titled "Back to School: Programmes and strategies to welcome children back" and is available on <https://www.youtube.com/watch?v=bxfxGuuv33k>

The webinar focused on strategies that can be deployed by educators to assist children in returning to school spaces. It was shared that with the COVID-19 pandemic as the context, it is really essential that life skills be assimilated into any programs and strategies for children

## C.2. PLANS FOR THE NEXT QUARTER | JANUARY - MARCH 2022

For the Next Quarterly Period, the following Training Programs are to be initiated

Proposed Training and Capacity Building Program for the Upcoming Quarter					
State	Agency/ Government Department & State	Cadre	No. of Participant s	Theme/ Content	Timeline
Nagpur Maharashtra	Rotary Club	Teachers	100	School Mental Health	February 2022
Across 8 Regions	Jawahar Navodaya Vidhyalaya	Teachers & Counselors	100	School Mental Health	February 2022
Rajasthan	State Institute of Educational Research and Training	School Teachers	100	School Mental Health	To be Decided Official communicatio n is ongoing
Delhi	Educational & Vocational Guidance Bureau, Directorate of Education	School Teachers	150	School Mental Health	To be Decided Official communicat ion is ongoing
Tripura	Directorate of Tribal Welfare	Hostel Superintende nts	157	Mental Health & Psychosocial Assistance to Children of Tripura	To be Decided Official communicat ion is ongoing
Pan India	Manodargan NCERT	Tele- counselors	50	School Mental Health	March 2022
PAN India	Kendriva Vidyalaya Sangathan	Counselors and Teachers	150	School Mental Health	To be Decided- official communicat ion is ongoing

Madhya Pradesh	Sarya Shiksha Abhiyan	Mobile Resource Coordinators (MRCs)	50	School Mental Health	To be Decided- official communication is ongoing
Gujrat	Samagra Shiksha	Special Educators	50	Integrating Child Protection and Mental Health Perspectives into Interventions for Children with Disability	To be Decided- official communication is ongoing
West Bengal	Sarya Shiksha Abhiyan	Special Educators	50	Integrating Child Protection and Mental Health Perspectives into Interventions for Children with Disability	To be Decided- official communication is ongoing
Kolkata, West Bengal	Manochetna Academic Research Centre	Teachers and Parents	1000 (Tentative)	Understanding Children: Responding Emotional and Behavioural Problems - Children and Young Adults	February 2022
Karnataka	St. Joseph's College	Students	200 (tentative)	Wellbeing session	February 2022
Karnataka	Mysore Education Society	Students	100	Session on Exam stress management	February 2022



## D.

# POLICY AND LAW

### KEY THEMATIC OBJECTIVES

- To integrate child protection and mental health issues into legal and judicial systems and processes across the country
- To contribute to judicial education in the area of child and law, by providing depth perspectives on child mental health and well-being, and skills and methods of engagement with children in legal contexts
- To build the capacity of other quasi-judicial bodies (such as child welfare committees) and juvenile justice boards, by providing knowledge on conceptual and implementation aspects of various child-related laws in the country
- To engage with judicial bodies and child protection systems through discussions, deliberations and reviews on aspects pertaining to the child and law
- To conduct research and studies in order to inform child policy and law in the country.

### KEY WORK AREAS

**METRIAL DEVELOPMENT AND PUBLICATIONS**

**JUDICIAL EDUCATION**

**DELIBERATIONS**

**POLICY ADVOCACY AND RESEARCH**

## **D.1. TRAINING AND CAPACITY BUILDING PROGRAMS**

### **D.1.a. Judicial Education**

#### **i. Three - Day Sensitisation Program on Child and Law for the Karnataka Judicial Academy**

As part of judicial sensitisation efforts, the Hon'ble Juvenile Justice Committee, High Court of Karnataka announced a Three-Day Sensitisation Program for Civil Judges on issues pertaining to Child and Law. Thus far, 7 batches of Civil Judges have been trained by the SAMVAD Team on the following subjects:

- Re-connecting with Childhood: A brief introductory session to help participant officers re-connect with their childhoods, and a subsequent discussion on understanding children's internalisations of difficult experiences
- Working with Children in Conflict with the Law: A Training Session on understanding CICL's Pathways to Offence, their Implications for Section 15 & Assessments for CICL
- The Child as a Witness: A Training Session on understanding the Developmental & Mental Health Implications for Eliciting Evidence under Protection of Children from Sexual Offences Act (POCSO) 2012 –
  - The ABCs of Sexual Abuse and its perpetration;
  - The Child's Capacity for Providing Testimony;
  - Child-Friendly Methods and Techniques for Eliciting Evidence

These sessions discussed, in detail, the methods and contexts of Child Sexual Abuse perpetration, the significance of applying a child developmental lens to evidence-gathering/statement-recording, and developmentally-appropriate child interviewing techniques in eliciting evidence from children. The sessions discussed various psychosocial contexts of child sexual abuse, and the resultant emotional-behavioural consequences that significantly impact sexual abuse disclosure (especially in child-witness testimony)

#### **ii. Working with Children in Conflict with the Law - Pathways to Offence & their Implications for Section 15**

On request from the Telangana Judicial Academy, a Training Program on "Working with Children in Conflict with the Law" was conducted for Principal Magistrates & Members of the Juvenile Justice Boards. The sessions conducted as part of the program included:

- Understanding the Pathways to Vulnerability for Children in Conflict with the Law: Implementing NIMHANS' Psychosocial and Mental Health Assessment Proforma
- Implementing Section 15 of the Juvenile Justice (Care and Protection of Children) Act, 2015: Preliminary Assessment for Children in Conflict with the Law & NIMHANS' Preliminary Assessment Proforma
- First-Level Responses & Rehabilitative Interventions for CICL

The first session focused on developing an understanding of the common pathways to vulnerability for children who come into conflict with the law including an overview of the emotional factors, educational issues, life skills deficits, adverse peer influences, substance abuse, child labour experiences and mental health issues. Subsequently, the session undertook an overview of the 'Psychosocial and Mental Health Assessment Proforma' previously developed by the NIMHANS Team under the Community Child and Adolescent Mental Health Service Project and relevant mental health frameworks for its effective utilisation.

In the second session, the SAMVAD Team developed an understanding of the evaluative criteria relevant to the framework of Section 15 of the JJ Act, and the various conceptual issues and challenges in its effective implementation. Subsequently, the session provided an overview of the 'Preliminary Assessment Proforma' developed under the aforementioned Community Project to assist in decision-making related to juvenile transfer.

Finally, the session concluded with a brief introduction to important first-level interventions that are critical to children's psychosocial care from a rehabilitation perspective. Beginning with an overview of the significance of conducting individual assessments (particularly in regards to developing needs-based interventions), the final session discussed individual and group therapy, like skills training, mechanisms for community services (and key challenges) and finally, placement-related decision making..

### **iii. World Congress on Justice with Children: Workshop on Application of Vulnerability, Mental Health, and Rights Frameworks in Psycholegal Assessments of Children in Conflict with the Law**

Launched in 2019, the Global Initiative on Justice With Children was established to facilitate interaction and learning between professionals on key focus areas relating to: crime prevention, alternatives to deprivation of liberty, and improvement of conditions of detention. The '2021 World Congress on Justice With Children' is a key international event of the Global Initiative, that brings together policymakers, legal practitioners, academics, and civil society representatives, to influence and raise awareness on child justice issues. For 2021, the theme of the Congress was, "Ensuring access to justice for all children: towards non-discriminatory and inclusive child justice systems".





four states, also provided a platform for mutual learning and discussion, with insightful remarks from the expert panellists.

#### **v. One - Day Training Program for Children's Court Judges, Special Court Judges and Principal Magistrates of Juvenile Justice Boards (JJBs)**

A One-Day Training Program was facilitated by SAMVAD in collaboration with the Bihar Judicial Academy under the aegis of the Hon'ble High Court of Patna on some of the key psychosocial issues involved in child sexual abuse cases and their implications for evidence-gathering under the POCSO framework. The Program discussed key aspects of the dynamics of child sexual abuse perpetration, child's capacity for providing evidence from a child development lens, and child-friendly methods and techniques for evidence-eliciting. The training program undertook an overview of critical conceptual and implementation-related challenges in the child and law domain, with the objective of assisting key stakeholders i.e., judicial officers, in the implementation of beneficial legislation (like POCSO) in a truly child-friendly manner. Additionally, the program dealt with the significance of transdisciplinary approaches in resolving some of the key dilemmas in the grey areas of children's engagement with the law, such as child witness competency and credibility.

#### **D.1.b. Special Sessions**

##### **i. Inaugral address on "Importance of Capacity-Building Initiatives in undertaking Child Budgeting in Karnataka" for FPI, Government of Karnataka**

Dr. Seshadri was invited to provide an inaugural address on the importance of Capacity Building Initiatives in undertaking Child Budgeting in Karnataka. This address dealt with capacity-building as an integral part of facilitating systematic and scientific approaches to the implementation of beneficial legislation and policy, that are designed to facilitate key imperatives in terms of children's protection, development and well-being.

## **D.2. RESEARCH**

### **i. Study on “Effective implementation of Section 15 of the Juvenile Justice (Care and Protection of Children) Act, 2015: Exploring Perceptions of Judicial Personnel on Juvenile Justice & Children in Conflict with the Law”**

SAMVAD has received 742 responses from judicial personnel belonging to 21 States and 3 Union Territories. Through this quarter, data entry, data coding and analysis was initiated. The data analysis, where relevant, will also be complemented by the experiences and observations of the SAMVAD Team developed through the course of the Section 15 Deliberations and Training/Capacity Building Programs conducted for JJB Magistrates. The data analysis will also benefit from the direct field experiences of the Team through their work with CICL

### **D.3. PLANS FOR THE NEXT QUARTER | JANUARY TO MARCH 2022**

***For the Next Quarterly Period, the following Policy Initiatives and Training Programs are to be initiated/developed:***

#### **i. Initiation of Deliberations on Child Witness Testimony under the POCSO Act, 2012: Judicial Understandings of Competency and Credibility**

Following the successful initiation of Section 15 Deliberations with State Judicial Academies, the SAMVAD Team has sought to engage with judicial personnel and other child protection functionaries on other areas of child and law. Following the development of a Deliberation on Child Witness Testimony under the POCSO Act, 2012, the SAMVAD Team has been contacting State Judicial Academies to schedule these Deliberations as judicial engagement programs with Special Court/POCSO Court Judges. These Deliberations will help generate interesting judicial perspectives on the contentious issues of child witness competency and credibility. Following the SAMVAD Team's experiences with the Section 15 Deliberations, it is hoped that the discussions on child witness testimony will help shed light on contested areas of jurisprudence and the need for targeted training and capacity-building initiatives.

#### **ii. Facilitating comprehensive Judicial Engagement on Section 15 of Juvenile Justice Act 2015**

The SAMVAD Team has conducted Section 15 Deliberations in the States of Maharashtra, Rajasthan, Kerala, Meghalaya Assam, Nagaland, Mizoram and Arunachal Pradesh. Over the course of the next quarter, the team will be collaborating with more State Judicial Academies to organise these key Deliberations. Further engagement with State Judicial Academies through the Section 15 Deliberations will provide the SAMVAD Team with a wider range of judicial perspectives on the conceptual and implementation-related concerns surrounding Section 15. The diverse range of judicial perspectives will continue to inform the nature of capacity-building and training programs initiated by the SAMVAD Team.

#### **iii. An Exploratory Study on Capital Punishment in Child Sexual Abuse Laws: Through a Child Victim and Child Protection Prism**

Keeping in mind the significance of legislative changes in the POCSO Act in 2019, with particular reference to the introduction of the death penalty in cases of certain categories of aggravated sexual offences, there is an imperative to research the impact of this significant legislative amendment, particularly in regards to its implications for child protection and child safety.

Following approval of this study, the SAMVAD Team is looking to begin data collection with expert respondents for the study. It is significant to note that the amendment has not been in force for a significant period of time. As a result, the SAMVAD Team will undertake an explorative research study to understand the perspectives of key stakeholders on the ramifications of the amendment for child protection and child safety. Issues pertaining to the impact of the amendment on child sexual abuse disclosure, reporting, and other significant evidentiary concerns will also be studied. One of the key objectives of this study is to utilise the subsequent findings to propose a research agenda towards building empirical evidence on which to predicate policy and law about child sexual abuse and capital punishment.

#### **iv. Training and Capacity Building activities requested by SJA and SLSA**

In addition to the training programs/judicial engagements described above, the SAMVAD team will also conduct specific training and capacity-building programs requested by the State Judicial Academies and the State Legal Services Authorities across the country. These programs will be tailored to the specific needs and capacities of the participant judicial officers/child protection functionaries/para-legal volunteers of the respective states.

#### **v. High-Level POCSO Review Consultation (10 Years of POCSO: Critical Reflections and Ways Forward)**

As a part of SAMVAD's initiatives for '10 Years of POCSO: Critical Reflections and Ways Forward', a 2-Day POCSO Review Consultation has been proposed and will be discussed with the National Judicial Academy, to facilitate engaged deliberation on the current dilemmas and challenges in the conceptualisation and implementation of POCSO, with key stakeholders, and more importantly, the way forward. A Concept Note for the Review Consultation will be developed and submitted for the National Judicial Academic Council's consideration.

# UPCOMING ACTIVITIES & EVENTS

- 1.** SAMVAD is planning an online course on Forensics titled Essential Interventions and Skills for Working with Child Sexual Abuse introducing Mental Health and Legal Dimensions of Forensics to run between 8th January - 20th February, 2022.
- 2.** SAMVAD is planning a course on Disability for Teachers, Special Educators, Mental Health Professionals and Paediatricians titled Integrating Child Protection & Mental Health Perspectives into Interventions for Children with Disability to run between 12th March - 8th May, 2022.
- 3.** SAMVAD is engaging in a year long celebration of 10 years of the Protection of Children from Sexual Offences (POCSO) Act, 2012. This will include various capacity building engagements, awareness raising events and other such interactions organised within SAMVAD's core four thematic interventions, and shall take place throughout the year.
- 4.** Planning of the Panchayati Raj Campaign in order to raise awareness regarding the importance to integrate child protection, mental health and psychosocial care at the Panchayati Raj level.